

The **A B C**'s of **Drowning Prevention**



Drowning is the main cause of death for Sacramento's toddlers and preschoolers.



In Sacramento County, 70% of drowning deaths occur in children under the age of 5. In California, every year, 75 families lose a child under the age of 5 to drowning. That's three empty classes of kindergartners.

Help protect your children from these preventable tragedies.

Learn the ABCs of drowning prevention. Your child's life depends on it.

Home Water Hazards

Each year many young children drown in swimming pools, other bodies of water, and standing water around the home:

- Hot tubs, spas and whirlpools
- Bathtubs, even with baby bathtub "supporting ring" devices
- Backyard kiddie pools, ponds and water fountains
- Buckets and pails, especially 5-gallon buckets and diaper pails
- Toilets
- Irrigation ditches, post holes and wells



Children must be watched by an adult at all times when in or near water. Children may drown in an inch or two of water. Stay within an arm's length of your child.



The ABC's of Drowning Prevention

A for Adult Supervision

- Adult supervision is key to drowning prevention. Always assign a “water watcher” who knows how to swim.
- Provide active adult supervision 100% of the time when children are in or near the water. Do not drink alcohol while supervising children.
- Children under 5 should be kept within arm's reach while in water.
- Water wings, noodles, inner-tubes and life jackets should never take the place of adult supervision for children ages 0-5.
- Know where your children are at all times. 69% of children who drowned in swimming pools were not supposed to be in or around the water. If a child is missing, check the pool first.

B for Barriers

- Put in, check and **always use** a child-proof barrier around your pool/spa area.
- The only proven effective barrier is a 5 foot tall non-climbable fence with self-closing, self-latching gates that separates the pool from the house and yard.
- Remove toys from, in or around the pool area — they pull young children to the pool.
- Keep chairs, tables and other climbable items away from the pool barrier.

C for CPR & Classes

- Learn CPR (Cardiopulmonary Resuscitation) and rescue breathing.
- Call 911. Start CPR and rescue breathing at pool side — this can save a life while the ambulance is on the way.
- Make sure all children and adults in your family go to swim lessons and water safety training. But remember these classes do not take the place of the need for adult supervision and barriers.
- To find swimming classes ask at a local community pool, family resource center, or parks and recreation district locations.
- To find CPR classes contact your local Red Cross chapter, family resource center, or American Heart Association.



You Can Prevent Drownings

“Adult supervision is the key to stop drownings. There’s no substitute.”

— Firefighter

“All backyard pools should have a fence between the house and the pool to protect younger children.”

— Pediatrician

“Learning CPR helped us save a life.”

— Parent

For more tips on keeping children safe:



Child Abuse Prevention Center

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North Highlands, CA 95660
916.244.1900

www.thecapcenter.org



Safe Kids Greater Sacramento

6501 Coyle Avenue
Carmichael, CA 95608-0306
916.864.5684

www.safekids.org

American Heart Association — 916.446.6505

Sac Sierra Red Cross — 916.993.7070

Sponsored by the Kids’ Plates Program — www.KidsPlates.org